

A Study on the Current Situation and Related Factors of Personal Mastery in Patients with Chronic Heart Failure: A Cross-Sectional Study [Letter]

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Dear editor

We have read with great interest the article by Luwei Xiang et al, titled “A Study on the Current Situation and Related Factors of Personal Mastery in Patients with Chronic Heart Failure: A Cross-Sectional Study”. The authors present a significant study that explores the status quo and influencing factors of personal mastery among Chinese patients with chronic heart failure (CHF).¹ While the research contributes valuable insights into a critical aspect of CHF patient management, we have identified several areas that could benefit from further clarification and expansion.

Firstly, the authors claim that personal mastery is significantly influenced by age, NYHA functional classification, positive coping style, and quality of life as measured by the MLHFQ. However, the study's reliance on cross-sectional data limits the ability to establish causality or infer the direction of these relationships. A longitudinal approach could provide a more dynamic understanding of how personal mastery evolves over time and how it interacts with the progression of CHF and treatment adherence.

Secondly, while the study includes a comprehensive analysis of demographic and clinical factors, it does not sufficiently address the potential impact of psychosocial interventions on personal mastery. Given the significant role of positive coping styles in influencing personal mastery, it would be beneficial to explore how specific psychological interventions might enhance this construct and, consequently, improve patient outcomes.

In the discussion of their findings, Xiang et al highlight the importance of personal mastery in CHF patients' ability to manage their disease and maintain quality of life. We agree with the authors on the need for targeted clinical interventions to enhance personal mastery. However, we suggest that future research should also consider the role of social support networks, economic factors, and cultural beliefs in shaping patients' sense of control and self-efficacy.

Overall, the study by Xiang et al makes an important contribution to the literature on CHF by shedding light on the concept of personal mastery and its determinants. We hope that future research will build on these findings by incorporating a more comprehensive understanding of the multifaceted factors that influence personal mastery in CHF patients.

Looking forward, we hope that the authors will consider these points in their future work, leading to more nuanced and effective interventions for enhancing personal mastery and, ultimately, improving the lives of CHF patients. We eagerly anticipate further research that delves deeper into the complexities of personal mastery and its implications for CHF management and treatment strategies.



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Disclosure

The authors disclose no conflicts of Interest in this communication.

Reference

1. Xiang L, Wang J, Li W, Ye H. A study on the current situation and related factors of personal mastery in patients with chronic heart failure: a cross-sectional study. *Int J Gen Med.* 2024;17:4701–4710.

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